



DEC 7-8TH

Camp McDowell
Nauvoo, AL

FOOD & FARM



FORUM

ASANONLINE.ORG/FORUM18

WELCOME TO THE 2018 ASAN FOOD & FARM FORUM!

We are thrilled to host you for this exciting weekend of learning, socializing, brainstorming, and good eating! The info below will help you enjoy the weekend to the fullest. Please feel free to ask an ASAN staff person or Forum volunteer at any time, if you have questions.

MEAL TIMES: Meals are served family style, and start and end **PROMPTLY** at the indicated start/end times. Please help Forum organizers and Camp staff by being on time for meals!

CHILD CARE: ASAN is committed to making our events (and the community created at them) accessible to families, which is why child care is offered free of charge throughout the weekend! Friday until 2pm it will be in Doug Carpenter, and thereafter it will be in the Pre-school, which adjoins the Pottery Studio. Note start/end times for each day, above. Caregivers, you are expected to collect your child(ren) for meals.

COMMON SPACES AND QUIET HOURS: Please take advantage of shared kitchens and common spaces in your lodging areas and around camp. Please share space respectfully, label anything you put in the shared fridges, clean up after yourself, and be aware of your volume level throughout the day. Especially, please respect the 11pm quiet hours. Also note that you are sharing camp not only with other Forum-goers, but with several other events taking place at camp during the weekend.

HIKING TRAILS: Get outside and enjoy this beautiful place! Pick up a trail map at the Camp store.

EVALUATIONS: We greatly appreciate your feedback both on the short session evaluation cards after each session, and on the full-page Forum evaluation included in your registration packet. You may drop off your completed registration form at any time at the registration desk, or give it to any session moderator.

Complete your Forum evaluation to enter to win a free registration to the 2019 Forum in Fairhope AND a \$50 gift certificate to Southern Exposure Seed Exchange!

JOIN ASAN! ASAN is a grassroots membership-based organization, and we need your support! If you value the community convened this weekend at the Forum, if you value the support and resources ASAN provides throughout the year, please become a member or renew your membership now! Forms are available at the registration table, or you can do it online at <http://asanonline.org/join-asan>.

PHOTOGRAPHS: A professional photographer will be taking photos throughout the Forum. Please let her or any ASAN staff member know if you do NOT want your

SCHEDULE AT A GLANCE

THURSDAY DECEMBER 7

3:00-5:30pm “Getting Along” Pre-Forum session, *Hall Hall*
6:00-9:00 Registration open, *Doug Carpenter Hall*
6:00-9:00 Those who reserved box dinners may pick them up, *Doug Carpenter*
8ish until? Campfire and socializing, *inside/outside Doug Carpenter*

FRIDAY DECEMBER 8

7:45-4:00 Registration open, *Doug Carpenter*
8:00-9:00 Breakfast, *Doug Carpenter* (see note at left about start time)
8:45-4:20 Child care, *Doug Carpenter/Preschool* (see note at left)
9:15-11:30 Concurrent sessions I, *multiple locations* (see opposite page)
11:45-12:00 Welcome and announcements, *Doug Carpenter*
12:00-1:00 Lunch, *Doug Carpenter*
1:15-2:35 Concurrent sessions II
2:50-4:10 Concurrent sessions III
4:10-4:45 Break
4:45-6:15 Market Fair, *Doug Carpenter*
6:30-7:45 Dinner, *Doug Carpenter*
After dinner Campfire, jam circle, and socializing, *inside/outside Doug Carpenter*
8:30-9:30 Stargazing walk, *meet by the bell outside Doug Carpenter*
11pm Quiet hours

SATURDAY DECEMBER 9

8:00-4:00 Registration open, *Doug Carpenter*
8:00-8:45 Breakfast, *Doug Carpenter*
8:45-4:25 Child care, *Preschool*
9:15-11:40 Plenary sessions, *Doug Carpenter*
9:15-10:00 Panel: elders in Alabama’s sustainable ag movement
10:10-10:55 Workshop on equity in Alabama food systems
10:55-11:40 Review of ASAN core beliefs and ASAN year in review
11:40-11:55 Group photo, *Doug Carpenter*
12:00-1:00 Lunch, *Doug Carpenter*
1:20-2:40 Concurrent sessions IV
2:55-4:15 Concurrent sessions V
4:15-5:45 Break
5:45-7:00 Dinner, *Doug Carpenter*
After dinner Campfire and socializing, *inside/outside Doug Carpenter*
11pm Quiet hours

image not to be published on ASAN’s website, social media, and other publications. We will gladly respect your wishes.

“BEEHIVE” ACTIVITIES: The Forum draws on the folk tradition of the “bee,” in which community members come together to do shared work while socializing, learning, and celebrating. During sessions participants are invited to crack pecans, peel luffahs, sort seeds, and do other tasks while also enjoying productive, engaging dialogue. Instructions and materials are located in each meeting space. Participation is 100% optional!

CONCURRENT SESSIONS: WHEN, WHAT, AND WHERE

FRI 9:15-11:30	The Permaculture Approach to Perennial Crops	Phifer Hall
	Value-Based Marketing: Digging Deeper into the Needs of Your Customer	Randall Commons
	Fermentation 101	Hall Hall
	Leadership Development Intensive for Farmers Market Managers	Welcome Center Conference Room
	TOUR: McDowell Farm/Programs/Property at a Glance	Meet at farm gate (near Teaching Kitchen)
FRI 1:15-2:35 PM	Farm Hacks - Building our Way to Sustainability	Welcome Center Conference Room
	Off Farm Processing – Using a Processing Plant	Randall Commons
	When Do You Know if You're Ready for Wholesale?	Chapel
	Sustainable Woodland Management for Small Farms and Land-owners	Teaching Kitchen
	Make Compost Not Waste!	Pottery Studio
	Global Growers: Incubating multi-cultural sustainable agriculture and a thriving local food ecosystem	Hall Hall
	Growing Weeds as Food Crops: Turn Weeding into Profits	Phifer Hall
FRI 2:50-4:10 PM	Traditional Ecological Knowledge Applied to Alabama Foodways	Hall Hall
	Cooperative Farm Marketing	Phifer Hall
	Farm Truck 912: Expanding Food Justice in Your Community	Chapel
	Hydroponic Farming in Shipping Containers	Randall Commons
	Improving Soil and Water Health, for Healthy Crops, Farms, and Ecosystems	Welcome Center Conference Room
	Women Farmers Roundtable	Daniel Lodge Common Room
	Putting Solar to Work on the Farm Using Passive Solar Structures and Off-Grid Solar Photovoltaic	Greene Street Market Barn (on farm)
SAT 1:20-2:40 PM	Free The Land & Feed The People: Cooperation Jackson's Freedom Farms Coop Struggle For Food-Sovereignty	Hall Hall
	On Farm Processing of Poultry and Rabbits	Randall Commons
	Regenerative Earthworks: Working with Water in the Landscape	Chapel
	Pests and Weeds - How are you managing them? A farmers' roundtable discussion	Teaching Kitchen
	Carpentry Life Skills	Blacksmith Shop (on farm)
SAT 2:55-4:15 PM	Rural Organizing for Sustainable Communities	Welcome Center Conference Room
	Making Space for Youth: Youth Leadership Development in Food and Ag Work	Randall Commons
	Introduction to Herbal Tincturing	Chapel
	Growing a New Market with Microgreens	Hall Hall
	FARM TOUR: Livestock focus	Meet at farm gate (near Teaching Kitchen)

THURSDAY 3:00-5:30PM

GETTING ALONG: THE BASICS OF GROUP DECISION-MAKING (MUST REGISTER) —

Making choices with other people can be an unexpected challenge, whether you're trying to manage a nonprofit board, run a staff meeting, or create a democratically run

cooperative. At this session we'll learn and share tools for making group decisions deliberatively, structuring effective meetings, and paying attention to power dynamics. — *Lindsey Mullen (Wild Ground), Hall Hall*

FRIDAY 9:15-11:30AM

THE PERMACULTURE APPROACH TO PERENNIAL CROPS — For many people the thought of growing food calls up images of a vegetable garden or a large field of an annual crop such as wheat or corn. But some of the highest yields for work invested come from perennial crops harvested from trees, shrubs, canes, and vines. Permaculture offers a variety of ways to work with perennials, including food forests, polyculture orchards, and silvopasture systems, all of which make a great complement to the annual crops you probably already grow. — *Alan Booker (Eldenbridge Institute), Phifer Hall*

VALUE-BASED MARKETING: DIGGING DEEPER INTO THE NEEDS OF YOUR CUSTOMER — In this session we will focus on developing marketing messages and strategies that will resonate with your customers. Mathew and Jessie Lawrence of Marble Creek Farmstead will share what has worked well for them, and what has not work so well. We will also talk about why some strategies work and why some don't. Join us to discuss ways to share your values with customers in a way that will inspire them to want to take part in the success of your local food business. We'll help each other brainstorm ways to relate to our customers and make our marketing more effective. — *Kristin Woods (Alabama Cooperative Extension, Jim's Farm) Randall Commons*

FERMENTATION 101 — Come learn how to ferment with Harvest Roots Ferments! Create delicious, probiotic kraut and pickles at home with your garden or locally farmed abundance. — *Lindsay Whiteaker (Harvest Roots Ferments), Hall Hall*

LEADERSHIP DEVELOPMENT INTENSIVE FOR FARMERS MARKET MANAGERS — This roundtable-style session is geared towards anyone currently managing a farmers market — though anyone contemplating starting a market may benefit as well! There will be lots of opportunities for asking questions and sharing your particular market management challenges, and lots of opportunities to gather ideas and possible solutions from your fellow market managers! — *Moderated by Alice Evans (ASAN), Welcome Center Conference Room*

TOUR: MCDOWELL FARM/PROGRAMS/PROPERTY AT A GLANCE — A general tour of the McDowell teaching farm and related facilities with an emphasis on programming and outreach. — *Andrew Shea (McDowell Farm School), meet at farm gate (near Teaching Kitchen)*

FRIDAY 1:15-2:35

FARM HACKS - BUILDING OUR WAY TO SUSTAINABILITY — Farm equipment can be expensive to buy, and not always effective! We'll cover building or modifying some farm basics like produce and hand wash stations, dry racks and cold storage. Have something you've built or love? Come with your ideas, email us photos, or bring the hack itself! This will be a hands on and interactive session to share ideas on how to make equipment work for your farm. — *Billy Mitchell (National Farmers Union) and Darrell McGuire (Deep South Food Alliance), Welcome Center Conference Room*

OFF FARM PROCESSING – USING A PROCESSING PLANT — Panel discussion led by a meat processor with farmers that use processors. Learn about custom, state, and USDA inspected processing. Here about how to work with your processor to ensure you get the best result. Learn about common mistakes and issues, tips for success, how a cut sheet works, and more. Processing is a partnership and is often one of the most expensive parts of raising and selling meat. Getting the relationship right is critical if you are to be successful in your direct or wholesale livestock operation. — *Panel: Jock Webb (Federation of Southern*

Cooperatives) and Martha Skelley (BDA Farms), moderated by Matthew and Jesie Lawrence (Marble Creek Farmstead, Marble City Meats), Randall Commons

WHEN DO YOU KNOW IF YOU'RE READY FOR WHOLESALE? — This informational panel will help you decide if you're ready to take the next step for your farm and start selling into wholesale markets. Topics include: wholesale buyer requirements, food safety standards, grading specifications, and more. You'll also listen to firsthand stories from farmers, buyers, and food hub/brokers to gain aspects into the wholesale produce industry. — *Panel: Will Scott (Scott's Orchards), Demetrius Hooks (Al Hooks Produce), and Andrew Williams (Deep South Food Alliance), moderated by Carey Martin and Natalie Bishnoi (Farm Food Collaborative, Food Bank of North Alabama) Chapel*

SUSTAINABLE WOODLAND MANAGEMENT FOR SMALL FARMS AND LANDOWNERS — Small woodlands are often undervalued in their potential and may assist landowners in services ranging from home wood production, forest gardening, game management, silvopasture, to potential for restoration projects and more. Learn how to assess the potential of your woodland,

determine the products and services you want your forest to provide, and set management goals to get you there. We'll discuss working with the existing forest and some approaches to – and misconceptions about – sustainable forestry methods. — *Levi Brown, Teaching Kitchen*

MAKE COMPOST NOT WASTE! — Whether you are new or advanced, there are many variations to choose from: vermicomposting? 3-bin system? Bokashi style? We will discuss the how's and why's and find out what works best in your system. — *Matt Nesbitt, Pottery Studio*

GLOBAL GROWERS: INCUBATING MULTICULTURAL SUSTAINABLE AGRICULTURE AND A THRIVING LOCAL FOOD ECOSYSTEM — Launched in 2010 as a community farm partnership with American and East African refugees living in metro Atlanta, today Global Growers works to increase the number of food producers who create access to healthy, sustainably-grown food and to prepare farmers to be competitive in their local market place. Integrating cultures within agricultural traditions, increasing farmable land and growers, and building markets are key areas of focus. This session will share some of the challenges and successes of its growth, as well as some "how-

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to” strategies for building land access, developing farmer resources, and building a multi-channel farm sales distribution enterprise with a collective of talented and under-resourced farmers. — *Susan Pavlin (Taproot, Global Growers), Hall Hall*

GROWING WEEDS AS FOOD CROPS: TURN WEEDING INTO PROFITS — Clinical Herbalist Cameron Strauss will cover some stupidly easy to grow weeds that can be sold as food staples. She will cover their uses, some recipes and you will be able to try most of the plants discussed! — *Cameron Strauss (Deep Roots Apotheke & Clinic), Phifer Hall*

FRIDAY 2:50-4:10

TRADITIONAL ECOLOGICAL KNOWLEDGE APPLIED TO ALABAMA FOODWAYS — Across the world, TEK (traditional ecological knowledge) has become a buzzword. Insight into how indigenous people have used local resources sustainably for long periods is valued more than ever, as modern research often catches up with age-old practices. This presentation features American Indian agricultural practices and foodways specific to Alabama’s ecoregions. Learn how TEK can help us sustainably grow food, improve our diets, and boost self-reliance in modern Alabama. — *Sehoy Thrower, Hall Hall*

COOPERATIVE FARM MARKETING — Laurie and Will Moore of Moore Farms and Friends, LLC in Woodland, AL have operated their Heritage Family Farm as the hub of a multi-farm cooperative marketing network since 2008. They have experimented with different business models, grower agreements and marketing opportunities over the years and will share their ups and downs and advice for planning this kind of marketing structure. This is a very interac-

tive session so bring your questions! — *Laurie Moore (Moore Farms and Friends), Phifer Hall*

FARM TRUCK 912: EXPANDING FOOD JUSTICE IN YOUR COMMUNITY — Ever think about starting a farm truck in your community? Farm Truck 912 has been operating in Savannah, GA for three years. Learn about the evolution of Farm Truck 912, including its mission, inception, economics/costs, infrastructure, successes, challenges, and new directions the truck is being taken. — *Mark Bowen (Forsyth Farmers Market), Chapel*

HYDROPONIC FARMING IN SHIPPING CONTAINERS — This session will discuss the history of alternative agriculture, examples of urban agriculture, and the technology developed by the Shipshape Urban Farms team. The audience will also learn how to build a low cost home hydroponic system. — *Dale and Angela Speetjens (Shipshape Urban Farm), Randall Commons*

IMPROVING SOIL AND WATER HEALTH, FOR HEALTHY CROPS, FARMS, AND ECOSYSTEMS — This session will open with an outdoor demonstration of soil health using a rainfall simulator, to illustrate how water absorption and retention varies with different farming methods. Participants will learn how ground cover, soil microbes, roots, and other organisms foster soil organic material that is key for a healthy soil. The second portion of the session will focus on water health. As a lapse in stewardship, we have created situations in which the very water that we use to grow healthy foods is contaminated physically, chemically, and biologically. We’ll discuss best management practices for sensible water usage, water remediation (if needed) for healthy and safe crops, and best management for potential on-farm contamination

of the water cycle. — *Tibor Horvath (USDA-NRCS) and Raymon Shange (Tuskegee University, Carver Integrative Sustainability Center), Welcome Center Conference Room*

WOMEN FARMERS ROUNDTABLE — Growing food is more than just a business; it’s work that engages your body, your emotions, your mind and your heart. Bring your full self to this roundtable sharing about the experience of farming as a woman in Alabama; come prepared to talk, listen, and connect. All women are welcome. — *Facilitated by Lindsey Mullen (Wild Ground), Daniel Lodge Common Room*

PUTTING SOLAR TO WORK ON THE FARM USING PASSIVE SOLAR STRUCTURES AND OFF-GRID SOLAR PHOTOVOLTAIC — Understand the seasonal path of the sun and apply that knowledge to orient and design buildings that stay cool in the summer and heat themselves in the winter. Learn to build stand-alone DC power solar PV systems to run fans, pumps, LED lights and charging ports by using solar PV panels, linear current boosters, charge controllers and batteries. Then if desired, add battery based inverters to power AC loads particularly in larger PV systems. — *Daryl Bergquist (Earth Steward Solar Consulting), Greene Street Market Barn*

FRIDAY MARKET FAIR

Friday evening’s Market Fair is a social hour, expo, seed swap, mini-job fair, market, and more! Hiring or looking for work in the next year? Bring information to share! Bring saved seeds to share at the Seed Swap hosted by the Sand Mountain Seed Bank. Bring cash and your gift list and peruse the vendors’ tables, just in time for the holidays!

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SATURDAY 1:20-2:40PM

FREE THE LAND & FEED THE PEOPLE: COOPERATION JACKSON'S FREEDOM FARMS CO-OP STRUGGLE FOR FOOD-SOVEREIGNTY —

Cooperation Jackson's emerging Freedom Farms Cooperative is a part of a plan to transform our relation to the food system in ways that keeps our communities malnourished and dependent- starting from Jackson, MS, and moving out beyond. They see having control of a sustainable food production system as a key component to our communities' ability to be self-determined, well and thriving. During the course of this session, terms and concepts like Agro-ecology, Afro-ecology, and Just Transition will be discussed. Join co-anchor brandon king of Freedom Farms Coop and see how they are aiming to transform our food systems and how they are connected to a deeper struggle for liberation. — *brandon king (Cooperation Jackson), Hall Hall*

ON FARM PROCESSING OF POULTRY AND RABBITS —

Learn the important lessons about on farm poultry and rabbit processing from food safety, equipment, set up, process flow to regulations, labeling, and where you can and cannot sell your meat. This panel of experienced on farm processors will give good detail and answer

your questions. — *Panel: Amanda Edwards (EAT South), Jesse Murphy (DSR Farms), and Charles Ritch (Goose Pond Farms), moderated by Matthew and Jesie Lawrence (Marble Creek Farmstead, Marble City Meats), Randall Commons*

REGENERATIVE EARTHWORKS: WORKING WITH WATER IN THE LANDSCAPE —

If you don't get the water right as you design your landscape, then you will end up fighting all sorts of problems throughout the lifetime of your farm or homestead. This session will look at a variety of Permaculture tools for repairing the hydrology of a property and creating long-term water security. Concepts covered include sub-soil water storage, ponds, swales, diversion drains, berms and basins, stormwater management, and rainwater storage in tanks and cisterns. — *Alan Booker (Eldenbridge Institute), Chapel*

PESTS AND WEEDS - HOW ARE YOU MANAGING THEM? A FARMERS' ROUNDTABLE DISCUSSION —

Was an insect really bugging you this year? Are you looking for new ways to manage pests? How 'bout weeds? This workshop is farmer-to-farmer discussion of successes and challenges for pest and weed management. Share what's worked for you. Bring your questions and

find out what answers other farmers have to offer. — *Caylor Roling (EAT South), Teaching Kitchen*

CARPENTRY LIFE SKILLS — Tips and tricks as well as a few essential elements of basic carpentry focused on helping your farm infrastructure feel stable and sturdy while getting the job done right. We will cover important design features for elevating your wood game with bat boxes, top bar beehives, and proper fence construction. Perfect for beginners or anyone looking to pick up some tricks of the trade. — *Wade Austin (WH Austin Design Build), Blacksmith Shop*

SATURDAY 2:55-4:15PM

RURAL ORGANIZING FOR SUSTAINABLE COMMUNITIES —

Ensure your vote counts and learn how to rally support from your neighbors to effect lasting change. This session led by Hometown Action engages participants in planning effective organizing techniques to improve their geographic community and other networks. — *Kathleen Kirkpatrick (Hometown Action), Welcome Center Conference Room*



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MAKING SPACE FOR YOUTH: YOUTH LEADERSHIP DEVELOPMENT IN FOOD AND AG WORK — It's critical that we include youth in food and agriculture work -- as inheritors of the food system we are building, but also because they are full of ideas, experiences, and simply put, are dope people! Discuss how we, as adults, can foster an environment that supports young people's natural capabilities, ideas, experiences, and openness, and how we can support the youth we work with. Together, we will explore environmental factors, as well as adult privilege. — *Mark Bowen (Forsyth Farmers Market), Randall Commons*

INTRODUCTION TO HERBAL TINCTURING — Learn the basics of tincturing wild-harvested or farm grown herbs and mushrooms. We will cover both the folk and scientific method for tincturing. Extractions in alcohol, vinegar, and vegetable glycerine will be discussed along with the benefits of each type of extraction. We will talk about our family favorite tinctures to have on hand in our medicine cabinet as well as possibilities for preserving herb and mushroom crops as tinctures for re-sale. — *Joanna Mann (Walden Farmacy), Chapel*

GROWING A NEW MARKET WITH MICROGREENS — Want to be a farmer but don't have the large investment of land and money? Learn how to start a profitable microgreens business with very little of either. We'll cover benefits of growing microgreens, whether you're an experienced farmer or have never farmed before. You'll learn tricks on how to forge relationships with potential buyers, use free marketing to reach your target audience, and more! — *Danica Abejon (Sweet City Micros), Hall Hall*

FARM TOUR: LIVESTOCK FOCUS — Join McDowell Farm School's farm manager for an overview of the teaching farm's livestock systems and management. You'll meet dairy goats, laying hens, woodland hogs, meat rabbits, and a barn cat. This is a great session for those interested in homesteading, sustainable and humane livestock management, and farm-based education. — *Aubrey Gallegos (McDowell Farm School), Meet at farm gate (near Teaching Kitchen)*



Prizes for your feedback!

Complete your Forum evaluation and earn a chance to WIN a free registration for the 2019 Food & Farm Forum AND a \$50 gift certificate to Southern Exposure Seed Exchange!

Turn in your completed Forum evaluation at the registration table and add your name and contact info to the list by the basket to be entered into the drawing.

Forum exhibitors:

Alabama Rivers Alliance
Landscape Management Consultants
NoMoCo Food Park and Market
Tuskegee Farmers Conference
Hometown Action
Young People For
National Farmers Union / Deep South
Food Alliance / Produce Safety Alliance

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